

What I Claim Is:

- 1 1. A clip for securing a strand, having a width, to a surface, comprising:
2 a block having a length, width, depth, a first end, and a second end, and
3 a slot cut through said block lengthwise from said first end to a point close to said
4 second end, said slot having a length, a width, an open end at said first end of said block,
5 and a closed end closer to said second end of said block, wherein said width of said slot is
6 smaller than the width of the strand and is adapted to secure the strand passing through
7 said slot.
- 1 2. The clip of claim 1, wherein said block has a shape selected from the group consisting of:
2 square, rectangular, triangular, any polygonal shape, circular, oval, and any curved shape.
- 1 3. The clip of claim 1, wherein said block is made entirely or in part of a material selected
2 from the group consisting of aluminum, steel, plastic, rubber, wood, and a composite
3 material.
- 1 4. The clip of claim 1, wherein said open end and said closed end have rounded edges.
- 1 5. The clip of claim 2, wherein said block is generally rectangular in shape and said length
2 of said block is about one half of an inch, said width of said block is about three eighths
3 of an inch, said depth of said block is about one fourth of an inch, said slot has a length of
4 about three eighths of an inch, and said slot has a width of about one thirty-seconds of an
5 inch.
- 1 6. A method for securing a strand to a surface, the method comprising the steps of:
2 (a) threading a first end of a strand through a hole in the surface, said strand
3 having a length and a width,

- 4 (b) pulling said first end of said strand taut;
- 5 (c) sliding said first end of said strand through a slot of a clip, said clip being
- 6 a block having a length, width, depth, a first end, a second end, and a slot cut through said
- 7 block lengthwise from said first end to a point close to said second end, said slot having a
- 8 length, a width, an open end at said first end of said block, and a closed end closer to said
- 9 second end of said block, wherein said width of said slot is smaller than said width of
- 10 said strand and is adapted to secure said strand passing through said slot; and
- 11 (d) releasing said first end of said strand.

- 1 7. The method of claim 6, wherein said strand is a length of elastic tubing and wherein
- 2 said surface is a frame of a fielding practice bat.
- 1 8. The method of claim 6, wherein said block has a shape selected from the group consisting
- 2 of: square, rectangular, triangular, any polygonal shape, circular, oval, and any curved
- 3 shape.
- 1 9. The method of claim 6, wherein said block is made entirely or in part of a material
- 2 selected from the group consisting of aluminum, steel, plastic, rubber, wood, and a
- 3 composite material.
- 1 10. The method of claim 6, wherein said strand is selected from the group consisting of:
- 2 elastic tubing, cord, rope, string, yarn, rubber string, and any other long, slender, and
- 3 flexible strip of material.
- 1 11. The method of claim 8, wherein said block is generally rectangular in shape and said
- 2 length of said block is about one half of an inch, said width of said block is about three
- 3 eighths of an inch, said depth of said block is about one fourth of an inch, said slot has a

4 length of about three eighths of an inch, and said slot has a width of about one thirty-
5 seconds of an inch.

1 12. The method of claim 6, further comprising the step of:

2 (e) trimming off an excess portion of said strand that extends beyond said
3 clip, after said step (c).

1 13. The method of claim 6, further comprising the step of:

2 (e) sliding said clip along said strand until said clip contacts said surface, after
3 said step (c).

1 14. The method of claim 6, wherein said surface has a channel formed by two or more ridges,
2 and said hole in said surface is positioned in said channel, and said clip has a shape and
3 size proportioned to fit within said channel.

1 15. The method of claim 6, further comprising the steps of:

2 (e) pulling said first end of said strand taut;

3 (f) sliding said clip off of said strand; and

4 (g) releasing said first end of said strand.